

Show 11: **SOUPS AND STEWS**

**Moroccan Stew**

½ Cup Olive Oil  
2 Onions  
3 cloves Garlic  
2 chopped tomatoes  
1 ½ Cup Green Beans  
1 red Bell Pepper  
Cubed potatoes  
3 cups vegetable broth  
16 oz. chopped artichokes (can) undrained  
8 oz. can sliced olives  
½ cup lemon juice  
½ cup parsley

Sautee onions until translucent w/3 Cloves of garlic. Add 2 chopped tomatoes, 1 ½ Cup Green beans, 1 red bell pepper, the cubed potatoes, 3 cups vegetable broth and simmer fifteen minutes. Mix together artichokes, olives, lemon juice and parsley. Use as topping for stew. Serve stew over couscous.

**Cucumber Dill Soup**

4 peeled and chopped English Cucumbers  
1 Shallot  
3 T Dill  
16 oz. Nonfat Yogurt

Put in blender, alternating ingredients. Blend well & keep chilled until ready to serve. Blend again, just prior to serving.

**Autumn Bisque**

4 lbs. Butternut Squash  
3 T. Olive Oil  
1 T. Garlic  
2 large onions, chopped  
1 t (each) nutmeg, cinnamon & cloves  
2 cubed potatoes  
1 ½ quart chicken stock  
¼ cup Honey  
½ cup heavy cream

Cook onions till softened. Cut the squash in half, discarding the seeds. Sprinkle the squash with nutmeg, cinnamon, cloves and then put face down, in a glass dish to bake, covering the ½ of the squash with water. Bake at 350 degrees until softened. Cook the potatoes until tender (about 20 minutes). Cube them when cooked. Add the potatoes, the chicken stock; add the baked squash and honey. Put everything into the blender. Add cream. Blend again. Put in stock pot and heat. Serve hot with crusty French bread.

**Hearty Beef Stew**

1 lb. Stew meat  
2 onions, cut and diced  
3 potatoes, cut and cubed  
2 carrots  
1 turnip  
2 cups corn  
1 28 oz. can tomatoes – stewed  
2 cloves garlic  
2 tablespoons oil  
2 teaspoons thyme  
salt and pepper to taste

In a stock pot, brown stew meat and garlic in 2 tablespoons oil, add the rest of the vegetables and Thyme and bring to a boil. Reduce heat to a simmer and cook for 1 hour. Season with salt and pepper when done cooking. Serve with French bread and enjoy.